COMMUNITY

Page 9 – Dance with a cop

EL CENTRAL HISPANIC NEWS

Michigan's #1, Oldest, Largest and Only Bilingual Hispanic News • Free! ¡Gratis! • Vol. 33, #43 • **September 1, 2022**

SPORTS

Page 10– Wolverines and Spartans Start 2022 Season !!!

¡El suroeste de Detroit demuestra que es el lugar ideal para la diversión, los deportes y el entretenimiento!

Las actividades de fin de semana ofrecieron mucho que hacer

Los residentes y visitantes del suroeste de Detroit que buscaban cosas divertidas que hacer el fin de semana pasado, tuvieron una amplia variedad de actividades para elegir en la comunidad, en un día de verano perfecto.

Para comenzar, el sábado 27 de agosto, SWFest regresó al Senate Theater de Michigan Avenue por segundo año para deleitar a los asistentes del festival. El evento atrajo a 2000 visitantes que disfrutaron de una variedad selecta de entretenimiento en tres escenarios dentro y alrededor

Continúa en la pág.2

Southwest Detroit Proves The Place for Fun, Sports and Entertainment

Weekend Activities offered Festivals, Soccer Tournaments and Even Dancing with a Cop

Summer weekends offer plenty to do in Southwest Detroit
Photo by Rizzy's Photography

Residents and visitors to Southwest Detroit looking for fun things to do had a wide variety of activities to choose from across the community on a perfect summer day in the city last weekend.

First, on Saturday, August 27th, SWFest returned to the Senate Theater on Michigan Avenue for a second year to the delight of festival-goers. The event attracted 2,000 visitors who were treated to an eclectic assortment of entertainment on three stages inside and around the theater. Nearly 100 vendors were joined by agencies and groups advocating for various people's causes and food trucks offered a range of edible delights from traditional Latin American to Ethiopian fare. See photo story on page 2.

cont on pg.2

La pérdida de 1,7 millones de inmigrantes alimenta la escasez de mano de obra y la inflación en EE. UU.

Por: Jenny Manrique, Ethnic Media Services

Cerca del 15% de las ofertas de trabajo que emplean a trabajadores inmigrantes o nacidos en el extranjero en los EE. UU. todavía están vacantes, mientras que el sistema de inmigración legal se encuentra en aprietos. Desde el empaque de carne hasta la construcción de viviendas, pasando por los profesionales de STEM y las enfermeras, la economía posterior a la pandemia se tambalea por una fuerza laboral diezmada por políticas de inmigración restrictivas, que empeoraron bajo la administración de Donald Trump.

"Desde mediados de 2019 hasta finales de 2021, prácticamente no ha habido inmigración neta en los EE. UU.", dijo Giovanni Peri, Ph.D. profesor de economía y fundador y director del Centro de Migración Global de UC Davis, citando datos del censo de la Oficina de EE. UU.

"Aunque a finales de 2021 y principios de 2022 estas cifras volvieron a crecer, el hecho de que se detuviera la entrada de inmigrantes, hizo que el país perdiera más de 1,7 millones (de inmigrantes)", agregó Peri y señaló que 900.000 de ellos habrían sido universitarios trabajadores del sector STEM -médicos, informáticos, ingenieros biomédicos, bioexpertos-, y 800.000 habrían sido no universitarios concentrados en sectores como alimentación, hostelería, y el cuidado de niños y tercera edad. "Estamos hablando del 1,1% de la fuerza laboral estadounidense", agregó Peri.

Peri habló durante una rueda de prensa el 26/8/22 organizada por Ethnic Media Services que hizo sonar la alarma sobre cómo la falta de inmigrantes está perjudicando la economía. Mientras tanto, la discusión pública se centra en un estimado de 2 millones de cruces fronterizos estimados para el año fiscal.

La reducción de la inmigración coincide con más y más ciudadanos estadounidenses que optan por trabajar desde casa en trabajos en línea, y personas de 50 y 60 años que optan por la jubilación anticipada. Cuando las empresas luchan por contratar personal, los salarios suben y el aumento del costo de la mano de obra se traduce en inflación, explicó Peri.

Según la Oficina de Estadísticas Laborales, en julio de 2022 había 10 millones de puestos de trabajo vacantes en EE.UU. Antes del COVID, en un periodo similar, esa cifra era de 6 millones.

Los expertos están de acuerdo en que debe haber un esfuerzo del gobierno para

Continúa en la pág. 6

SER YouthBuild Learning Academy Becomes DPSCD Charter School

SER Metro-Detroit, Jobs for Progress, Inc. recently announced the SER YouthBuild Learning Academy (SYLA) will transition into a new charter school authorized by Detroit Public Schools Community District (DPSCD) in the upcoming 2022/2023 school year.

SER YouthBuild Learning Academy has consistently grown to serve the Detroit community since its inception in 2009. From 50 students to over 200 each year, this program has supported students ages 16 to 24 who have aged out of traditional high school to complete their education. SYLA's mission has been to bridge the gaps for students who need extra support to complete their degree and provide students with professional development and workforce readiness to help propel them into long-term success. SYLA has graduated more than 330 students many of whom also received an industry-valued construction certification, 70 percent increased their literacy levels within the first three months of participation and 85 percent successfully gained meaningful employment with living wages and benefits.

In addition to completing a high school diploma and earning a construction credential, Students will have an additional on-site option for healthcare training; Patient Care Technician (PCT) this Fall.

"SER YouthBuild Learning Academy provides opportunity, a career pathway, education and a commitment to leadership development that can alter the trajectory of our participants' future", said Eva Garza Dewaelsche, SER Metro-Detroit President and CEO.

cont on pg.3

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3 Community
Road to Restoration clinic series continues in southwest Detroit

4 Especial Culturas Del Mundo
The last one and we leave!, La última y nos vamos

7 Community
Classic Macaroni Salad, Chili-Mac Casserole, and 5-Minute Molten Chocolate Mug Cake recipes

8 Special
COPA Motor City Tournament!!!

10 Sports
Wolverines and Spartans Start 2022 Season !!!

13 Opinion
"Contreras Go Back To Mexico!"

13 Classifieds/ Jobs

Southwest Detroit: The Place to be

Con't from pg. 1

On the same afternoon, Clark Park was the site of a unique event to help support Gun Violence Awareness called "Dance with a Cop – Rumba at the Park". The event was sponsored by the 4th and 2nd precincts of the Detroit Police Department and the Hispanic Police Officers Association. Entertainment featured Live DJ playing Salsa, Merengue, Bachata and more, Latin food for sale, ice cream and a live Bomba performance. See the photo story on page 9.

To wrap up the weekend, nearly 600 people returned to Clark Park on Sunday, August 28th for the seventh annual COPA Motor City Soccer Tournament combined with the Summer Arts and Freedom Fest. See page 8 for the photo story.

¡El suroeste de Detroit es el lugar

Con't de pg. 1

del teatro. Cerca de 100 vendedores se unieron a agencias y grupos que abogan por causas sociales y los camiones de comida ofrecieron una variedad de delicias, desde platos tradicionales latinoamericanos hasta etíopes. Ver la imagen de la página 2.

Esa misma tarde, Clark Park fue el lugar de un evento único llamado "Dance with a Cop - Rumba at the Park" (Baila con un Policía – Rumba en el Parque) dónde se apoyó en la Concientización sobre la Violencia con Armas de Fuego. El evento fue patrocinado por los precintos 4 y 2 del Departamento de Policía de Detroit y la Asociación de Oficiales de Policía Hispanos. El entretenimiento contó con DJ en vivo tocando salsa, merengue, bachata y más, venta de comida latina, helados y una presentación de bombo en vivo. Ver imagen de la página 9.

Para terminar con el fin de semana, casi 600 personas regresaron a Clark Park el domingo 28 de agosto para el séptimo Torneo anual de fútbol COPA Motor City combinado con el Summer Arts and Freedom Fest. Ver imagen de la página 8.

Popular SWFest Returns

By Karizma Valdez

On Saturday, August 27th the Senate Theater hosted the second SWFest. The festival is a free large-scale music festival. The one day music and art festival highlighted performing artists, visual artists and entrepreneurs. In addition, dozens of organizations offered valuable and helpful resources to our residents.

Organizers seek to encourage audiences to understand the power of collaboration within community arts and cultural work. It's truly an amazing thing to participate in and to be one within the community, who's love is wholesome. SWFest was organized by a collective effort among a team of young creatives and local organizations here in the community.

Karizma Valdez is a photojournalist who works out of Southwest Detroit. SWFest photos provided by Rizzy's Photography.

Road to Restoration clinic series continues in southwest Detroit

The Michigan Department of State (MDOS), Department of the Attorney General, and community partners hosted the latest in the second series of Road to Restoration clinics in Detroit on August 24th, part of the joint effort to continue helping drivers with suspended licenses complete the necessary steps to safely restore their driving privileges.

"The number of citizens we've seen take advantage of these clinics at every stop along the way is a testament to how important it is to provide this service," said Secretary of State Jocelyn Benson. "Having a driver's license is critical to ensuring Michiganders are able to get back on the road and go about the business of their lives, and we are grateful for the partners and volunteers who continue to allow us to bring government directly to the people who need it most."

The Road to Restoration clinics, staffed by MDOS, the Department of the Attorney General and volunteer attorneys, help residents determine how they can restore their licenses and when possible, provide the services they need to do so on site. The clinic, the third held in Detroit, was hosted by Latin Americans for Social and Economic Development, Inc (LA SED).

"LA SED is pleased to work with MDOS to provide over 800 people the opportunity to restore their driving privileges," said Mary Carmen Munoz, LA SED Executive Director. "Not having a valid driver's licenses prevents people from better jobs or safely driving themselves or family to complete the simplest of daily chores such as doctor visits, grocery shopping or family events. This is the perfect example of community organizations working together to improve the lives of many."

The clinics are made possible by numerous partner organizations including DTE Energy, Miller Canfield Law Firm, Detroit Justice Center, and United Way, as well as location partners like LA SED who provide the space for the clinics.

On Oct. 1, 2021, new state laws lifted license suspensions for drivers who failed to pay tickets or court fines or failed to appear in court for certain non-moving and other violations. In the months following, MDOS canceled infractions on the driving records of more than 350,000 Michiganders. However, many individuals must take additional measures before their licenses are restored. MDOS mailed letters to all residents affected by the law change, explaining their current status and outlining additional action they must take before they can resume driving.

Future clinics are scheduled for Alpena, Traverse City, Saginaw, Lansing and Benton Harbor. Michiganders who believe they may qualify to have their license reinstated or who have a question about their driving history can get more information or sign up for the next clinic near them at Michigan.gov/RoadtoRestoration.

Loss of 1.7 Million Immigrants Fuels U.S. Labor Shortages and Inflation

By: Jenny Manrique, Ethnic Media Services

Close to 15% of job openings that employ immigrant or foreign-born workers in the U.S. are still vacant, while the legal immigration system is in dire straits. From meat packing to home building to STEM professionals to nurses, the post-pandemic economy is reeling from a labor force decimated by restrictive immigration policies, which worsened under Donald Trump's administration.

"From the middle of 2019 until the end of 2021, there has been essentially zero net immigration to the U.S," said Giovanni Peri, Ph.D. Professor of Economics and Founder and Director of the UC Davis Global Migration Center, citing US Bureau census data.

"Although in late 2021 and early 2022 these numbers started growing again, the fact that the inflow of immigrants stopped made the country lose more than 1.7 million (immigrants)," added Peri, noting that 900,000 of them would have been college educated who work in the STEM sector – doctors, computer scientists, biomedical engineers, bio experts -- and 800,000 would have been non-college educated concentrated in sectors such as food, hospitality, elderly and child care. "We are talking about the 1.1% of the US labor force," Peri added.

Peri spoke during a media briefing on 8/26/22 hosted by Ethnic Media Services that sounded the alarm over how the lack of immigrants is hurting the economy. Meanwhile, public discussion focuses on an estimated 2 million border crossings for the fiscal year.

The halting of immigration coincides with more and more US citizens opting to work from home in online jobs, and people in their 50s and 60s opting for early retirement. When companies are struggling to hire people, wages go up and the rising cost of labor translates into inflation, Peri explained.

According to the Bureau of Labor Statistics in July 2022, there were 10 million unfilled jobs in the US. Before COVID, in a similar period, that figure was 6 million.

Experts agree that there should be a government effort to make the H1B visa program (sponsored by employers) stronger and more inclusive for all sectors, while addressing the monstrous backlog in green cards and asylum claims.

"In the past six or seven years we have seen tremendous delays in the immigration processes across the country, both in the courts and also through the US Citizenship and Immigration Services (USCIS)," said Gregory Z. Chen, Senior Director of Government Relations at the American Immigration Lawyers Association. Chen noted that when President Barack Obama left office, there were about 500,000 immigration cases in the backlog compared to 1.4 million cases during the Trump administration.

"As of today we have about 1.6 million cases that are waiting to be heard, (each one) typically takes four to six years now," Chen said. "Many businesses can't wait to be operational."

Meanwhile, the Automated Export System (AES), the agency in charge of processing work permits, has increased its processing times from 180 days to up to seven months.

These backlogs can be fixed through a comprehensive immigration reform. Although almost 70% of Americans are in favor of it, there has been no appetite in a polarized Congress to ease restrictions for even legal immigrants.

Chen highlighted how President Biden's Inflation Reduction Act -recently signed into law- originally included provisions to legalize unauthorized immigrants, a provision that had to be abandoned to gain bipartisan support.

"The concern about the benefits immigration provides to the country and the economy has been subsumed by the idea that it's related to border national security issues," said Chen, who doesn't see a major immigration reform bill happening even in 2023.

For Julie Collins, perfusionist and Program Director Department of Cardiopulmonary Sciences in the College of Health Sciences at Rush University, one field where the absence of immigrants is acutely felt is medical care.

Working on the COVID floor of her hospital for two years, Collins saw firsthand the impact of the critical shortage of nursing professionals.

"I was helping to cover shifts and I saw how burnt out nurses were becoming taking care of patients in COVID units," she said. "As COVID began slowing down, nurses sought early retirement, some of them changed professions, and some even died of COVID. This left us with fewer nurses to fill the open positions in our units."

Although COVID floors have been essentially shut down, hospitals are short staffed and one-on-one patient care is over, she said. "Oftentimes nurses are caring for multiple patients, which is increasing their chances of creating errors and causing emotional distress,"

There are close to 194,000 open positions for nurses, and not enough US nurses to fill them. Since the 80s, when hospitals were understaffed, nurses from other countries have filled these roles. But today, annually, H1B visas are limited to 140,000 and family-sponsored visas are limited to 226,000.

"I am seeing how tired and exhausted the nurses are and how frustrated they feel like their voices aren't being heard," Collins said." If hospitals come up with a system so that they could keep bringing in (immigrant) nurses, they wouldn't have problems filling their open positions," she concluded.

SER YouthBuild

SYLA will also welcome five new board members. Felix Valbuena Jr. MD, DABFM, FAAFP, CEO CHASS Center, Belda Garza, Founding Member of MANA de Metro Detroit, Vice Chair of MDP Hispanic Latino Caucus and LASED Board Member, Rico Razo, Director of Bridging Neighborhoods, Andre L. Johnson, Founder/President/CEO of Detroit Recovery Project Inc., and Maizie Perez, Senior Human Resources/General Affairs Manager of Mobis North America.

SER Metro-Detroit, Jobs for Progress, Inc. (SER) is a community-based organization that believes in the potential of every individual. For more than 50 years, SER has assisted thousands of at-risk and disadvantaged residents from across the City of Detroit and the region in becoming self-sufficient through quality employment, education and training programs. For more information visit http://www.sermetro.org.

Felix Valbuena, Jr.

Rico Razo

Belda Garza

Andre Johnson

Maizie Perez

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Special World's Cultures

The last one and we leave!

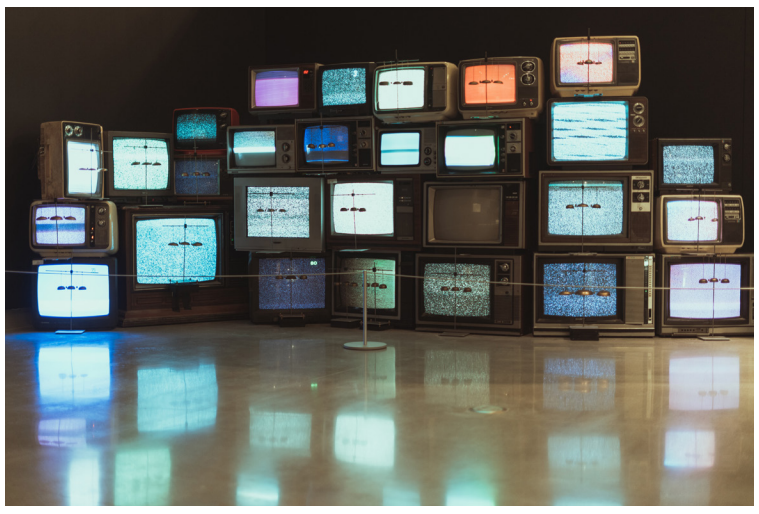
This is the last one and the we go!

This is the last one and the we go! we say in the bars when without wishing it is time to return home, but when actually will be the last time? On more than one occasion we can read in fortune cookies or on social networks motivational phrases that insist on Carpe Diem, Live Your Life To The Fullest, Live Life As If This Were The Last Day. Why such insistence?

Last year Alex had to make more than 10 visits in Kyiv, Ukraine. Every time he bought a new flight to return, he told me that it was not his intention but that it would be cheaper, in the end, he was there on his way to other countries. Now Kyiv is destroyed by the war, maybe he can remember the last walk through the city, maybe this memory it's tangled along with other times he did it. I think I remember when he called me from the airport, maybe it was the last time. It was winter and it was cold, he left the hostel in a rainy day, he took the transport to the airport, the excessive traffic made him get off to walk, the ground was muddy from sleet. His feet went numb and as soon as he arrived at the airport, he had to take off his sneakers because of the cold. Alex didn't think that this was the last time before a war that was coming soon would be bombing the city.

Last Saturday my cousin drove me home after going to a family reunion, we would talk about life, about the importance of helping and in one way or another my cousin told me that he often thinks about the last times, those that when we lived them we passed them without conscience, nevertheless, yes, they are the last time. He mentioned so many moments that we had spent together and that now they are not repeatable.

Suddenly, came to my mind moments that I treasure like Sundays at my mamanina's house eating freshly made flour tortillas, playing cards with my cousins, or watching movies in her living room and then seeing her coming back from her room with sweets and chocolates in the hand to give us, her grandchildren. Then the nights when I took care of my grandmother, measuring her oxygen levels so that the next day we could wake up and at night sing some ranchera melodies again. Her favorite song, without a doubt was: Solamente una vez (Only Once).



When was the last time my mom rubbed my back to stretch me out? When was it that my dad told me the last anecdote of Juan de la Burra or Juan sin miedo? The past of my childhood is full of the first times that others lived with me, and although I was present, they are moments that belong to them. Experiences that I do not remember and that were the first time that my parents and relatives have kept in their memory as my first words, or my first steps.

Thus, time fits into flashes of memory as it happens when we return to the town or our city of origin looking with new eyes at new streets and those houses that have already been remodeled or that are no longer there. Some say that the past was better than the present, because things change and society ensures that the next day is not like last year. Access is sought, perhaps democratization and distribution of possibilities. Although conservation is important, diversification is substantial, moving from carts to automobiles, from analog to digital, from home phones to cell phones, from Nokias to iPhone and Android touch phones.

Perhaps many of those who ask not to leave for tomorrow what you can do today forgot to say I love you or express their affection before that person left their lives, and I am not only talking about death, but about the things that dissolve over time.

Diles que lo viste en EL CENTRAL
Tell them you saw it in EL CENTRAL

ESPECIAL CULTURAS DEL MUNDO

La Última y nos vamos

La última y nos vamos

La última y nos vamos decimos en los bares cuando sin desearlo es hora de volver a casa, pero ¿Cuándo será la última vez? En más de una ocasión se puede leer en las galletas de la fortuna o en las redes sociales frases motivacionales que insisten en el Carpe Diem, Vive tu vida al máximo, Vive la vida como si éste fuera el último día. ¿A qué se debe tal insistencia?

El año pasado Alex tuvo que hacer más de 10 visitas en Kiev, Ucrania. Cada vez que compraba un nuevo vuelo para volver me decía que no era su intención pero que le salía más barato, al final, estaba de camino con conexión a otros países. Ahora Kiev está destruida por la guerra, quizá él pueda recordar la última caminata por el centro de la ciudad, quizá este recuerdo haya quedado enterrado junto con las otras ocasiones en que lo hizo. Yo recuerdo cuando me llamó del aeropuerto creo que fue la última

vez. Era invierno y hacía frío, salió del hostal un día de lluvia, tomó el transporte camino al aeropuerto, el excesivo tráfico lo hizo bajarse para irse caminando, el suelo estaba con lodo de aguanieve. Se le entumieron los pies y llegando al aeropuerto tuvo que quitarse los tenis por el frío. Alex no pensó que aquella era la última vez antes de una guerra que llegaría prontamente.

El sábado mi primo me llevaba de regreso a la casa después de ir a una reunión familiar, hablábamos de la vida, de la importancia de ayudar y de una u otra manera mi primo me dijo que él pensaba seguido sobre las últimas veces, aquellas que cuando las vivimos las pasamos sin conciencia, no obstante, eran la última vez. Hizo mención de tantos momentos que habíamos pasado juntos y que ya no eran repetibles.

Domingos en casa de mi mamanina comiendo tortillas de harina recién hechas, jugando

baraja, o viendo películas en la sala de su casa para después verla salir de su cuarto con dulces y chocolates en la mano para repartirnos a los nietos. Luego vienen a mí las noches en que cuidé de mi abuela midiendo sus niveles de oxígeno para que al día siguiente pudiéramos amanecer y por la noche volver a cantar algunas melodías rancheras. Su favorita, sin duda: Solamente una vez.

¿Cuándo fue la última vez que mi mamá me sobó la espalda para estirarme y quitarme el empacho? ¿Cuándo fue que mi papá me contó la última anécdota de Juan de la burra o Juan sin miedo? El pasado de mi infancia está lleno de las primeras veces que los demás vivieron conmigo, y aunque yo estuve presente, son instantes que les pertenecen a ellos. Experiencias que no recuerdo y que fueron la primera vez que mis papás y parientes han guardaron en su memoria como mis primeras palabras, o mis primeros pasos.

Así, el tiempo se encajan en parpadeos de la memoria como pasa al volver al pueblo o nuestra ciudad de origen mirando con nuevos ojos nuevas calles y aquellas casas que ya se remodelaron o que ya no están. Algunos dicen que el pasado era mejor que el presente, pues las cosas cambian y la sociedad procura que el día siguiente no sea como el del año pasado, se busca el acceso, quizá la democratización y repartición de posibilidades; aunque la conservación es importante, la diversificación es sustancial, pasar de las carretas a los automóviles, de lo analógico a lo digital, del teléfono de casa al celular, de los Nokia a los teléfonos táctiles Iphone y Android.

A lo mejor muchos de los que piden no dejar para mañana lo que puedes hacer hoy olvidaron decir te quiero o expresar su cariño antes de que aquella persona se fuera de sus vidas, y no hablo sólo de la muerte, sino de las cosas que se disuelven con el tiempo.

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ESPECIAL CULTURAS DEL MUNDO,

by Mariana Ayón RV

Detroit Police Oversight Board launches New Advisory Panel to amplify young voices

Panel of 14-24 year olds to play key role with Police Commissioners

Detroit youth can apply now to join the new Youth Advisory Panel for the Detroit Board of Police Commissioners, one of the nation's oldest and most respected civilian oversight agencies.

Residents established the Detroit Board of Police Commissioners in 1974. Today, it has supervisory control and oversight of the Detroit Police Department through the City Charter.

The Board passed a resolution i nMay to establish the Youth Advisory Panel through the leadership of Police Commissioners Lisa Carter and Annie Holt. A previous Board Chair, Carter won election in 2013 and is in her third term as Police Commissioner for District 6. Holt jointed the Board as an At large Commissioner in 2019 and currently serves as Board Vice Chair.

"Our youth have always provided important perspective and advocacy un every meaningful movement for change in our nation and throughout the world," said Commissioners Carter and Holt. "We believe now is a critical moment for Detroit's youth to have a regular platform to discuss issues and participate in making an impact on community policing and civilian oversight."

Youth Advisory Panel members will learn about community-led oversight of the police and have opportunities to share input on local and national issues as the Board carries out its charter mandates and works with the National Association for Civilian Oversight of Law Enforcement and other cities and communities. The youth also will plan and hold a special community summit.

Youth may be 14-24 years old. Anyone under 18 must have approval from a parent or guardian. Those 18 years and older may be students or community advocates.

Applications are available online at www.detroitmi.gov/bopc, at Detroit Public Library branches, and on the campuses of Detroit Public High Schools, Wayne State University, Wayne County Community College District, and the University of Detroit Mercy.

Applications are due by Friday, September 30, 2022. The first Youth Advisory Panel meeting is this fall.

Detroit students!
Make a difference with the Board of Police Commissioners Youth Advisory Panel (YAP)
APPLICATION DEADLINE IS SEPTEMBER 30, 2022
TAKE PART
To apply, visit detroitmi.gov/bopc and select the box for YAP. For more information, email bopc@detroitmi.gov or call (313) 596-1830.
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La pérdida de 1,7 millones de inmigrantes alimenta la escasez de mano de obra y la inflación en EE. UU.

Con't de pg. 1

hacer que el programa de visas H1B (patrocinado por los empleadores) sea más fuerte e inclusivo para todos los sectores, al mismo tiempo que se aborda la monstruosa acumulación de solicitud de tarjetas verdes y de asilo.

"En los últimos seis o siete años hemos visto tremendos retrasos en los procesos de inmigración en todo el país, tanto en los tribunales como a través de los Servicios de Ciudadanía e Inmigración de los Estados Unidos (USCIS)", dijo Gregory Z. Chen, director sénior de relaciones gubernamentales en la Asociación Estadounidense de Abogados de Inmigración. Chen señaló que cuando el presidente Barack Obama dejó el cargo, había alrededor de 500.000 casos de inmigración atrasados en comparación con 1,4 millones de casos durante la administración Trump.

"Al día de hoy tenemos alrededor de 1,6 millones de casos que esperan ser escuchados, (cada uno) por lo general toma de cuatro a seis años", agregó Chen. "Muchas empresas están ansiosas por operar".

En tanto, el Sistema Automatizado de Exportaciones (AES), organismo encargado de tramitar los permisos de trabajo, también incrementó sus tiempos de trámite de 180 días a hasta siete meses.

Estos retrasos pueden solucionarse a través de una reforma migratoria integral. Aunque casi el 70% de los estadounidenses está a favor, no ha habido apetito en un Congreso polarizado para aliviar las restricciones incluso para los inmigrantes legales.

Chen destacó como la Ley de Reducción de la Inflación del presidente Joe Biden -recientemente promulgada- originalmente incluía disposiciones para legalizar a los inmigrantes no autorizados, una disposición que tuvo que ser abandonada para obtener el apoyo bipartidista.

"La realidad sobre lo que la inmigración representa como un beneficio para el país y la economía, a menudo se ha invisibilizado por la idea de que está relacionada con problemas de seguridad nacional fronteriza", dijo Chen, quien no ve un proyecto de ley de reforma migratoria venidero ni siquiera en 2023.

Para Julie Collins, perfusionista y directora del programa del Departamento de Ciencias Cardiopulmonares de la Facultad de Ciencias de la Salud de la Universidad Rush, un campo en el que la ausencia de inmigrantes se siente con fuerza es la atención médica.

Collins trabajó en el piso de COVID de su hospital durante dos años y vio de primera mano el impacto de la escasez crítica de profesionales de enfermería.

"Estaba ayudando a cubrir los turnos y vi cómo las enfermeras se estaban desgastando al cuidar a los pacientes en las unidades de COVID", dijo. "A medida que COVID comenzó a mermar, las enfermeras buscaron la jubilación anticipada, algunas cambiaron de profesión y algunas incluso murieron de COVID. Esto nos dejó con menos enfermeras para cubrir los puestos vacantes en nuestras unidades".

Aunque los pisos de COVID se han cerrado, los hospitales tienen poco personal y la atención personalizada de los pacientes ha terminado, dijo. "A menudo, las enfermeras atienden a múltiples pacientes, lo que aumenta sus posibilidades de cometer errores y causar angustia emocional", dijo Collins.

Hay cerca de 194.000 puestos vacantes para enfermeras y no hay suficientes enfermeras estadounidenses para cubrirlos. Desde los años 80, cuando los hospitales no tenían suficiente personal, enfermeras de otros países han ocupado estos puestos. Pero hoy, anualmente, las visas H1B están limitadas a 140,000 y las visas patrocinadas por familiares están limitadas a 226,000.

"Veo lo cansadas y agotadas que están las enfermeras y lo frustradas que se sienten porque no se escuchan sus voces", dijo Collins. "Si los hospitales pusieran un sistema para que pudieran seguir trayendo enfermeras (inmigrantes), no tendrían problemas para llenar los puestos vacantes", concluyó.

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Classic Macaroni Salad

Ingredients

- 1 pound elbow pasta
- 2 celery ribs, minced
- 1 red bell pepper, seeded and chopped
- 1 green bell pepper, seeded and chopped
- 1/2 red onion, chopped
- 1 cup mayonnaise
- 1/4 cup plus 1 tablespoon pickle juice
- 2 teaspoons granulated sugar
- 1 1/2 tablespoons Dijon mustard
- kosher salt, to taste
- ground black pepper, to taste

Directions

Ready In:
35 minutes

Step 1
Bring a large pot of water to boil.

Step 2
Cook the pasta according to the package directions.

Step 3
Drain and rinse under cold water until cooled.

Step 4
Transfer the cooked pasta to a large mixing bowl.

Step 5
Add the celery, the bell peppers, and the red onion.

Step 6
In a separate small mixing bowl, combine the mayonnaise, the pickle juice, the sugar, and the mustard.

Step 7
Season the mayo mixture with salt and pepper to taste.

Step 8
Add the dressing to the macaroni mixture, tossing until all the contents are evenly coated.

Step 9
Refrigerate for at least 1 hour or up to overnight.

Step 10
Serve chilled.

Chili-Mac Casserole

Ingredients

- 4 cups chili, homemade or canned
- 8 ounces elbow macaroni
- 1/2 cup ketchup
- 8 ounces Monterey jack cheese, shredded
- 8 ounces cheddar cheese, shredded
- jalapeno peppers, optional, sliced

Directions

Ready In:
1 hours

Step 1
Preheat the oven to 350 degrees F.

Step 2
In a medium saucepan, simmer the chili on the stovetop on medium heat until heated through.

Step 3
Fill a separate pot with water on the stovetop and bring it to a boil.

Step 4
Cook the macaroni according to package instructions.

Step 5
Drain the cooked macaroni in a colander and set aside.

Step 6
Grease a deep 8-quart casserole dish.

Step 7
Spoon 1 cup of the chili evenly on the bottom of the dish.

Step 8
Layer half of the macaroni on top of the chili in the casserole dish.

Step 9
Drizzle half of the ketchup, 1 1/2 cups of the remaining chili, and half of the Monterey jack and cheddar cheeses.

Step 10
Repeat this layering process with the remaining macaroni, remaining 1/4 cup of the ketchup, the remaining 1 1/2 cups of the chili, and remaining Monterey jack and cheddar cheeses.

Step 11
Top with the slices of the jalapeno.

Step 12
Cover the baking dish with aluminum foil and bake in the oven for 30 minutes. Remove the cover and bake until the casserole is heated through and the cheese is bubbly, about 10 minutes more.

Step 13
Spoon the casserole onto plates and serve immediately.

5-Minute Molten Chocolate Mug Cake

Ingredients

- 3 tablespoons coconut oil
- 1 egg, at room temperature
- 3 tablespoons milk
- 1/2 teaspoon vanilla extract
- 2-4 tablespoons honey
- 1/4 cup all-purpose flour
- 2 tablespoons unsweetened cocoa powder
- 1/4 teaspoon baking powder
- 1/4 teaspoon kosher salt
- 1 tablespoon brewed coffee
- 1 ounce semi-sweet chocolate chunks, very roughly chopped

Directions

Ready In:
5 minutes

Step 1
Melt the coconut oil in a 10-12 ounce microwave-safe mug.

Step 2
Whisk in the egg, milk, vanilla, and honey until combined.

Step 3
Add the flour, cocoa powder, baking powder and salt, stirring until just combined.

Step 4
Spoon the coffee into the center of the batter and gently swirl it in. Do not fully incorporate the coffee.

Step 5
Place the chocolate chunks in the center of the batter.

Step 6
Microwave on full power for 1 minute 45 second-2 minutes.

Step 7
Dig your spoon deep into the cake to spoon up the melted chocolate with every bite.

Step 8
Serve.

EL CENTRAL
HISPANIC NEWS

Clark Park Hosts COPA Motor City Tournament & Summer Arts Freedom Fest

Photos by: Bill Deuparo/ EL CENTRAL

Clark Park in the heart of Southwest Detroit was the center of friendly competition and festivities this past weekend as the Clark Park Coalition hosted its seventh annual COPA Motor City Soccer Tournament along with its Summer Arts & Freedom Fest on Sunday, August 28.

"COPA Motor City Summer Arts & Freedom Fest is a day filled with fun for the entire family, and we were really excited to be back at the park in-person," said COPA Motor City coordinator Matias Alvarez. "There is really something for everyone – food trucks, local artists, kid's activities, a mercado with items for display and for sale; and, of course, our annual soccer tournament which attracts hundreds of people every year."

Alvarez explained that COPA Motor City was formed as a way to connect and leverage synergies of resource groups from Detroit's automotive industry leaders and their suppliers, while raising funds to support Clark Park Coalition and other organizations in the area.

This year COPA Motor City partnered with the City's Department of Parks & Recreation and the Detroit Parks Coalition to present its Freedom Fest with special entertainment featuring a DJ, Hispanic dancers, salsa dancing, arts and crafts, and outdoor games and activities. "It was a day of fun for everyone," said Clark Park Executive Director Anthony Benavides. "We were thrilled to be a part of such an exciting event to benefit our community. And, it's great to partner with both the Parks Coalition and COPA Motor City on the same day to present so many activities for our families all at one time."

To date, COPA Motor City has raised more than $40,000 for Clark Park. The group includes such organizations as General Motors, Ford, Stellantis, Toyota, Amazon, Deloitte, DTE, The Ideal Group, Rivian, Flagstar, GTB, the Michigan Hispanic Chamber of Commerce and WDIV Channel 4.

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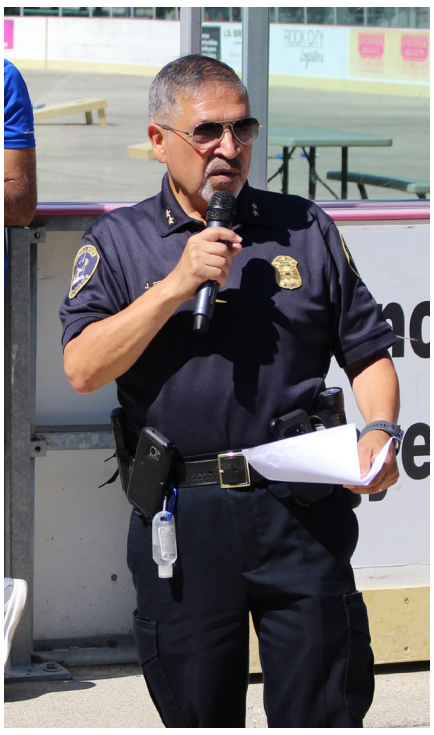
Dance With A Cop

Photos by: Bill Deuparo/ EL CENTRAL



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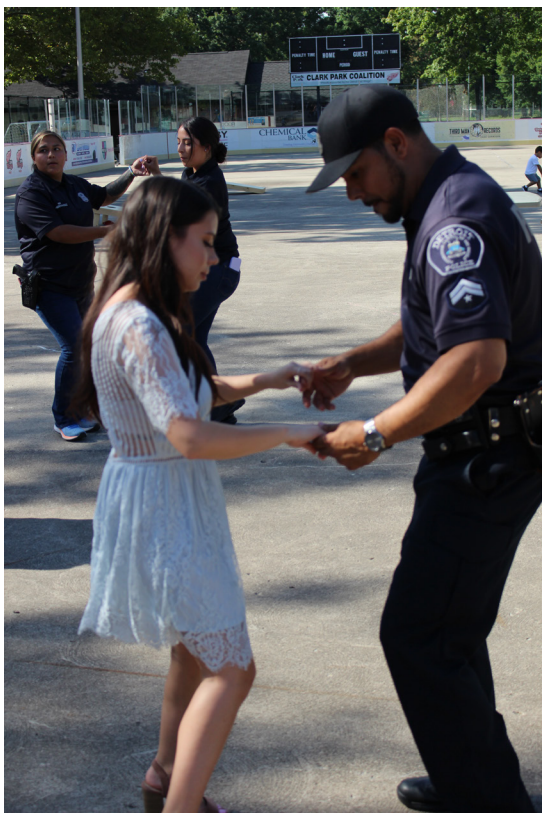

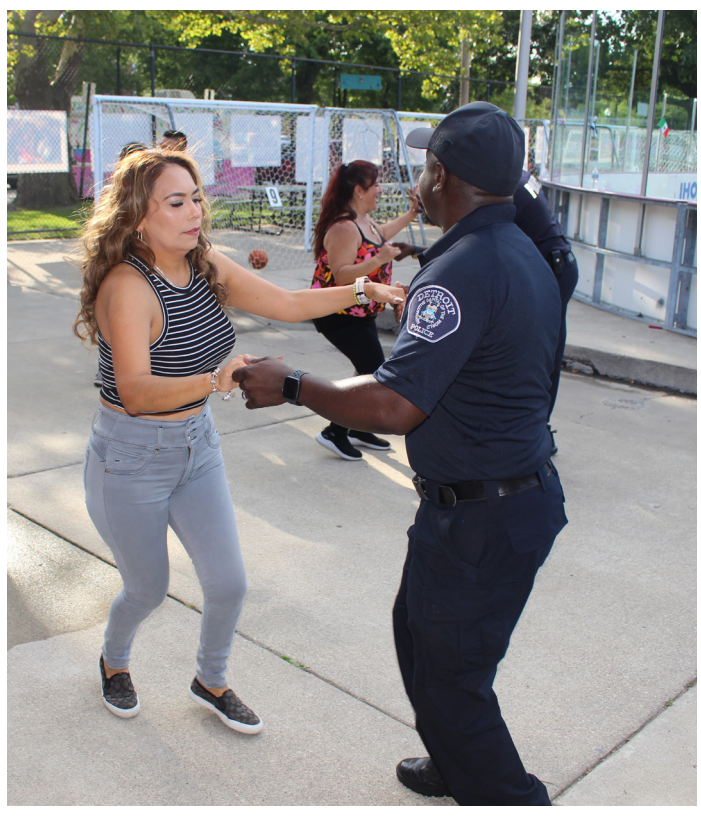

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SPORTS
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Sports Editor: Dan Graschuck/ EL CENTRAL

Wolverines and Spartans Start 2022 Season !!!

This weekend, the 2022 NCAA college football season begins. The #15 Michigan State Spartans host Western Michigan University Broncos, under the lights, at Spartan Stadium in East Lansing, Friday, September 2nd at 7:00 pm (ESPN). For Michigan State Spartans tickets, please visit: https://msuspartans.com/news/2022/3/18/football-tickets.aspx. The #8 University of Michigan Wolverines host Colorado State Rams, at 12:00 pm (ABC), Saturday, September 3rd, at the Big House, in Ann Arbor. For University of Michigan Wolverines tickets, please visit: https://mgoblue.com/sports/2017/6/16/tickets-football.aspx

Photos below are highlights from previous seasons for the University of Michigan Wolverines and Michigan State Spartans

Photos by: Dan Graschuck/ EL CENTRAL

University of Michigan Wolverines head coach Jim Harbaugh, watches action on field

Wolverines Schedule
* **SEP 3** (SAT) NOON
VS COLORADO STATE
* **SEP 10** (SAT) 8:00 PM
VS HAWAII
* **SEP 17** (SAT) NOON
VS CONNECTICUT
* **SEP 24** (SAT) NOON
VS MARYLAND
* OCT 1 (SAT) TBA
AT IOWA
* **OCT 8** (SAT) NOON
AT INDIANA
* **OCT 15** (SAT) TBA
VS PENN STATE
* **OCT 29** (SAT) TBA
VS MICHIGAN STATE
* **NOV 5** (SAT) TBA
AT RUTGERS
* **NOV 12** (SAT) TBA
VS NEBRASKA
* **NOV 19** (SAT) TBA
VS ILLINOIS
* **NOV 26** (SAT) NOON
AT OHIO STATE
* **DEC 3** (SAT) 8:00 PM
BIG TEN CHAMPIONSHIP GAME

Spartans Schedule
* **SEP 2** (FRI) 7 P.M.
VS WESTERN MICHIGAN
* **SEP 10** (SAT) 4 P.M.
VS AKRON
* **SEP 17** (SAT) 7:30 P.M. ET
AT WASHINGTON
* **SEP 24** (SAT) TBA
VS MINNESOTA
* **OCT 1** (SAT) TBA
AT MARYLAND
* **OCT 8** (SAT) TBA
VS OHIO STATE
* **OCT 15** (SAT) 3:30/4 P.M.
VS WISCONSIN
* OCT 29 (SAT) TBA
AT MICHIGAN
* **NOV 5** (SAT) TBA
AT ILLINOIS
* **NOV 12** (SAT) TBA
VS RUTGERS
* **NOV 19** (SAT) TBA
VS INDIANA
* **NOV 26** (SAT) TBA
AT PENN STATE
* **DEC 3** (SAT) 8:00 PM
BIG TEN CHAMPIONSHIP GAME

Michigan State Spartans head coach Mel Tucker, talks to referee

Detroit vs. Ireland !!!

This Sunday, September 4th, Bridges Beyond Boxing: Detroit vs. Ireland, will take place at Eastern Market, at 6:00 pm. Doors for the event will open at 5:00 pm.

Irish boxing team, arrives in Boston, earlier this week, and will be in Detroit starting Friday, for Sunday's competition. Photo provided by Irish Boxing team/ Chad Jaquillard

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Erik Olson: 313.258.5412; erik@thomasmagees.com

Detroit Boxing team, arriving in Ireland, for competition, earlier this year. Photo provided by Chad Jaquillard

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Pateando la No. 5

Botello Faz Leads Second Half Rally

David Levine
EL CENTRAL

As the USL Championship heads into the home stretch, every game becomes more crucial. Last weekend, Detroit City FC needed a big win. They needed the win not just to gain points in the table, but also to restore some confidence after a tough defeat at home against the Eastern Conference leaders from Louisville City. They also needed it because every team above them that played in the Eastern Conference except for Louisville City also won. Even the team chasing DCFC for the final playoff spot, Tulsa FC, won their game, leaving the gap at eight points with City having eight games remaining.

It looked like another tough night for Le Rouge in Charleston. The first half played out evenly. Neither the Battery nor City could make much headway in their attacking efforts. Nate Steinwascher had a relatively quiet evening. He needed the break after facing Louisville City the week before. The now familiar defensive trio of Matt Lewis, Stephen Carroll, and Michael Bryant stayed organized and discipline. Deklan Wynne also had a strong defensive game on the left wing.

Trevor James, in his 100th game in charge of Detroit City, much have given a rousing halftime speech, because the slow methodical approach of the first half gave way to a more direct and incisive attack to start the second. Two minutes into the second half, Carroll won a duel at midfield and immediately found Antoine Hoppenot in the inside left position. As the defense turned toward the Frenchman, he found that Pato Botello Faz had drifted away from his marker and was wide open in the penalty area. One quick pass later Botello Faz rifled a shot into the top corner and celebrated like a man breaking a scoring slump.

Three minutes after the opener Connor Rutz ripped a high shot from twenty-five yards that forced the Charleston goalkeeper into a spectacular save. The barrage kept coming. Botello Faz doubled the lead in the 53rd minute when Brad Dunwell picked out with a delightful through ball. The suddenly hot striker cut back onto his right foot and tucked the ball just inside the far post. City looked more likely to add a third than allow a rally by the Battery. That third duly arrived when the hosts failed to clear a corner. Rhys Williams floated a cross in from the right. Matt Lewis forced the Battery goalkeeper into a good save with his header, but the rebound pinged around before Maxi Rodriguez forced an own goal.

All that was left was to see out the result and see what happened to the rest of the Eastern Conference. Having earned a solid result on the road, now it is up to Trevor James to come up with a plan to win at home. It's been a while. City hasn't won a home game since May 21. Indy Eleven will be at Keyworth on Saturday night. They are seventeen points behind DCFC with almost no hope of earning a playoff spot. This game is yet another must win. The club's devoted supporters deserve better than no wins for the entire summer. They have to turn Keyworth into a fortress if they want to challenge for the top of the league.

Of City's remaining eight games, four are against teams below them in the league, including a home game against Tulsa later in the month. Win those and City will be in the playoffs. The playoffs are single elimination games where anything can happen. The team has to seize the opportunity.

Detroit City FC Beat Charleston Battery !!!

This past weekend, Detroit City FC, beat the Charleston Battery SC, at Patriots Point Soccer Complex, in Mount Pleasant, SC, 3-0. Detroit City FC host, Indy Eleven, at Keyworth Stadium, in Hamtramck, MI, this Saturday, September 3rd, at 7:30 pm (WMYD TV20 Detroit).

Photos below are highlights from Detroit City FC vs. Charleston Battery

Photos provided by Detroit City FC (photographer Jon DeBoer) and Charleston Battery

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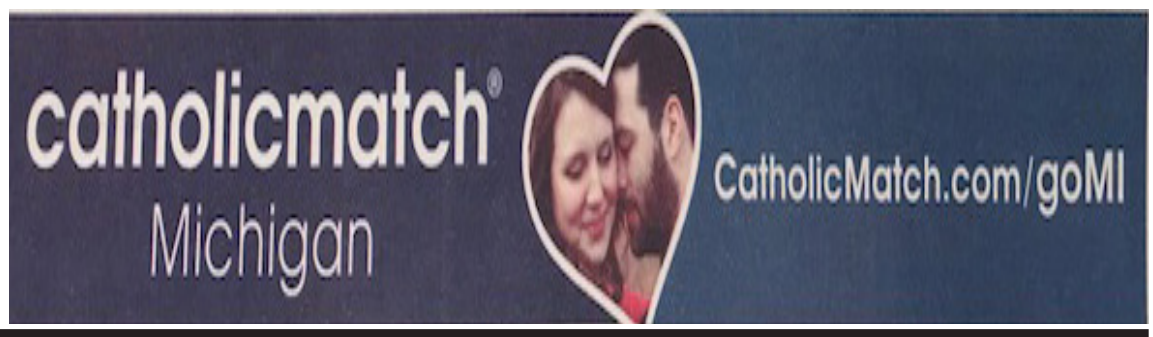

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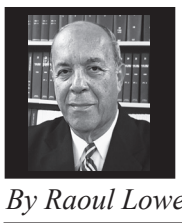

"Contreras Go Back To Mexico!"

By Raoul Lowery Contreras

Roger Hedgecock and I served on the campaign of Houston Flournoy, the 1974 GOP candidate for California governor. When Roger successfully ran for County Supervisor I supported him. When he ran for mayor I donated a maximum contribution to his campaign.

When Mayor Hedgecock was indicted for 13 felony counts of lying on campaign contribution reports, I supported him. The first jury voted 11 to 1 for conviction. When he was retried I supported him.

When convicted, he was removed from office. He moved into a radio talk show studio.

The Hedgecock show was daily xenophobia about Mexico and Mexicans ripping off the United States and invading it with illegal aliens. His show was number one in San Diego, the 8th largest city in the U.S. and the largest American city on the Mexican border.

He even substituted for the late Rush Limbaugh, until Limbaugh discovered Hedgecock's 13 felony convictions.

My home newspaper was La Prensa-San Diego. From time to time San Diego daily newspapers published me-- people knew me.

Hedgecock debated anyone using xenophobia as schtick. He would taunt me over the air until I called in. Those calls, some of which led to on-air 20-30 minute debates, eventually led to his radio station hiring me for my own talk show. That led to television commentaries/analysis.

Staking out positions that supported Mexico, Mexicans and immigrants was easy for me. After all, I was an honor student in high school and college, a published writer/journalist, a speaker of English/Spanish and was actually born in Mexico, born a U.S. citizen. I came to the U.S. when I was three -- speaking only Spanish.

Declaration: I have never demeaned the U.S. ever, only people who masquerade as Americans but have no idea what the Constitution or the Declaration of Independence says or means.

Being a United States Marine, however, I do pick on U.S. Navy squids and U.S. soldiers with cute French-fashion berets.

I proudly served eight years, active and in the U. S. Marine Corps Reserve. In all San Diego radio, I was the only former United States Marine on air.

Audience? I had 1.3 million Spanish speaking American residents in San Diego County plus millions more in Los Angeles and Orange County. Plus, Tijuana's million-plus Spanish speakers who also speak English.

Add in 50,000 active duty U.S. Marines stationed in Southern California Marine bases, their families and thousands of retired Marines and their families. On weeknights and Saturday/Sunday mornings, I led the a.m. radio market; I even beat NPR.

Before I was hired, I showed up when Hedgecock asked me to appear on his show, usually to debate some right-wing nut about immigration. Those led my own show.

Then one day I was in the Hedgecock studio debating a former Army sergeant who had no college and easily handled anything he had to say. Expecting an embarrassing anti-American answer, the former Mayor asked me a question that could have come out of Donald Trump's mouth.

"If," he asked ignorantly, "the United States and Mexico went to war, which side would you support?"

I looked at him and said, "My service in the United States Marine Corps speaks for itself. I not only served, I loved it. Oorah!"

Current ignorant demands about four elected U.S. citizen congress people, three of whom were born here, going back "to where they came from," brings back that memory.

Because of my permanent "tan" there are people who "suggest" I go back to where I came from; or, ask which side I would be on in a U.S war with Mexico.

To all those people, all of them regardless of rank, social, color of skin or economic position, Semper Fi..!

Always faithful to the U.S. of A. and the Constitution which few of them have ever read or understand.

Oorah!

Opinions in this Article are not necessarily those of the Publisher or Editor

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- Winston Churchill

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Bless the families of Southwest Detroit and unite them in love.

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5 Ways Traditions Help Us Stay Healthy and Happy

(StatePoint) Health experts say that establishing and maintaining family traditions can boost overall well-being and vitality, especially as we age.

"As children become adults and move out of the house or away, the family traditions that bind us can sometimes get lost in the process," says Aparna Abburi, president of Medicare and CareAllies with Cigna, which provides insurance to hundreds of thousands of older adults through its Medicare plans. "Forming new traditions or reigniting old ones can keep us connected to loved ones, ultimately helping us feel more fulfilled, happier and healthier."

Here are some insights into the importance of traditions to well-being and vitality as we age, along with tips for keeping those connections going in your own circle of family and friends:

Traditions help combat loneliness: According to a 2020 survey by Cigna, 61% of adults reported being lonely – a 7 percentage-point increase from 2018. That feeling was likely exacerbated by the pandemic that followed. Traditions can help to combat feelings of isolation. Consider setting up weekly video calls or trading letters and notes with relatives who live far away. Regular trips to a favorite destination, such as a lake or beach, or celebrating important holidays together every year, can provide meaningful time together.

Traditions pass on family values: Having shared values can help us feel connected to one another. Telling stories from the past or practicing cultural, spiritual and religious traditions are great ways to pass these values down from one generation to the next.

Traditions can make us feel young again: From cooking and gardening to sports and games, family traditions often evoke old memories and make us feel young again. Sensory memories can be particularly powerful. Whether it's a cookie bakeoff, ballpark peanuts and hot dogs, or a singalong around the piano, family rituals that include special sights, sounds and aromas are often the ones we think of most fondly.

Traditions strengthen communities: Traditions are not just for families; they can also

strengthen ties among friends and communities. Consider getting a group of neighbors together for morning walks or meeting friends for shopping excursions. Make visiting the farmers market, attending free concerts in the park, playing community center bingo and gathering for other recurring local events part of your routine.

For more information about how to stay healthy while aging, visit www.cignamedicare.com.

As you embrace the rituals that matter most to you, remember that traditions don't need to be rigid or set in stone.

"Just as you might modify a family recipe to suit your dietary needs or switch from weekly phone calls to weekly video calls, don't be afraid to tweak and expand on older traditions so they're relevant and interesting today – and for years to come," says Abburi.

Fumar es aún más perjudicial para el corazón de lo que se pensaba: estudio

Los fumadores tienen un corazón más débil que los no fumadores, según una investigación presentada en el Congreso de la Sociedad Europea de Cardiología ESC 2022. El estudio ha descubierto que cuanto más fumaban las personas, peor era su función cardíaca, si bien algunas funciones se restablecían cuando las personas dejaban el hábito.

"Es bien sabido que el tabaquismo provoca la obstrucción de las arterias, lo que conduce a la enfermedad coronaria y al ictus (…) Nuestro estudio demuestra que el tabaquismo también da lugar a corazones más gruesos y débiles".

… afirmó la autora del estudio, la doctora Eva Holt, del Hospital Herlev y Gentofte de Copenhague (Dinamarca).

"Esto significa que los fumadores tienen un menor volumen de sangre en la cámara izquierda del corazón y menos potencia para bombearla al resto del cuerpo. Cuanto más se fuma, peor es el funcionamiento del corazón. El corazón puede recuperarse hasta cierto punto si se deja de fumar, así que nunca es demasiado tarde para dejarlo".

… explicó.

Según la Organización Mundial de la Salud (OMS), el tabaco mata a más de ocho millones de personas cada año. El tabaquismo es responsable del 50% de todas las muertes evitables de los fumadores, y la mitad de ellas se deben a enfermedades cardiovasculares ateroscleróticas como el infarto de miocardio y el ictus. Los efectos perjudiciales del tabaquismo sobre las arterias y las enfermedades arteriales como el infarto de miocardio y el ictus están bien establecidos.

Los estudios también han demostrado que el tabaquismo se asocia a un mayor riesgo de insuficiencia cardíaca, en la que el músculo cardíaco no bombea la sangre por el cuerpo tan bien como debería, normalmente porque es demasiado débil o rígido. Esto significa que el cuerpo no recibe el oxígeno y los nutrientes que necesita para funcionar normalmente.

La relación entre el tabaquismo y la estructura y el funcionamiento del corazón no se ha examinado a fondo. Por ello, este estudio exploró si el tabaquismo estaba relacionado con los cambios en la estructura y la función del corazón en personas sin enfermedades cardiovasculares, y el efecto de cambiar los hábitos de fumar.

El estudio utilizó datos del 5º Estudio del Corazón de la Ciudad de Copenhague, que investigó los factores de riesgo y las enfermedades cardiovasculares en la población general. Se inscribió a un total de 3,874 participantes de entre 20 y 99 años de edad sin enfermedades

cardíacas. Se utilizó un cuestionario autoadministrado para obtener información sobre el historial de tabaquismo y estimar los paquetes-año, que es el número de cigarrillos fumados a lo largo de la vida. Un paquete-año se define como 20 cigarrillos fumados cada día durante un año.

Los participantes se sometieron a una ecografía del corazón, llamada ecocardiografía, que proporciona información sobre su estructura y su funcionamiento. Los investigadores compararon las medidas de la ecocardiografía de los fumadores actuales con las de los que nunca han fumado, tras ajustarlas por edad, sexo, índice de masa corporal, hipertensión, colesterol alto, diabetes y función pulmonar.

La edad media de los participantes era de 56 años y el 43% eran mujeres. Casi uno de cada cinco participantes era fumador actual (18,6%), mientras que el 40,9% era exfumador y el 40,5% no había fumado nunca. En comparación con los no fumadores, los fumadores actuales tenían un corazón más grueso, débil y pesado.

"Descubrimos que el tabaquismo actual y la acumulación de paquetes de años se asociaban a un empeoramiento de la estructura y la función de la cavidad cardíaca izquierda, la parte más importante del corazón. Además, descubrimos que, en un periodo de 10 años, los que seguían fumando desarrollaban corazones más gruesos, pesados y débiles que eran menos capaces de bombear sangre en comparación con los que nunca habían fumado y los que habían dejado de fumar durante ese tiempo.

(…) Nuestro estudio indica que el tabaquismo no sólo daña los vasos sanguíneos, sino que también perjudica directamente al corazón. La buena noticia es que algunos de los daños son reversibles al dejar de fumar".

… concluyó Holt.

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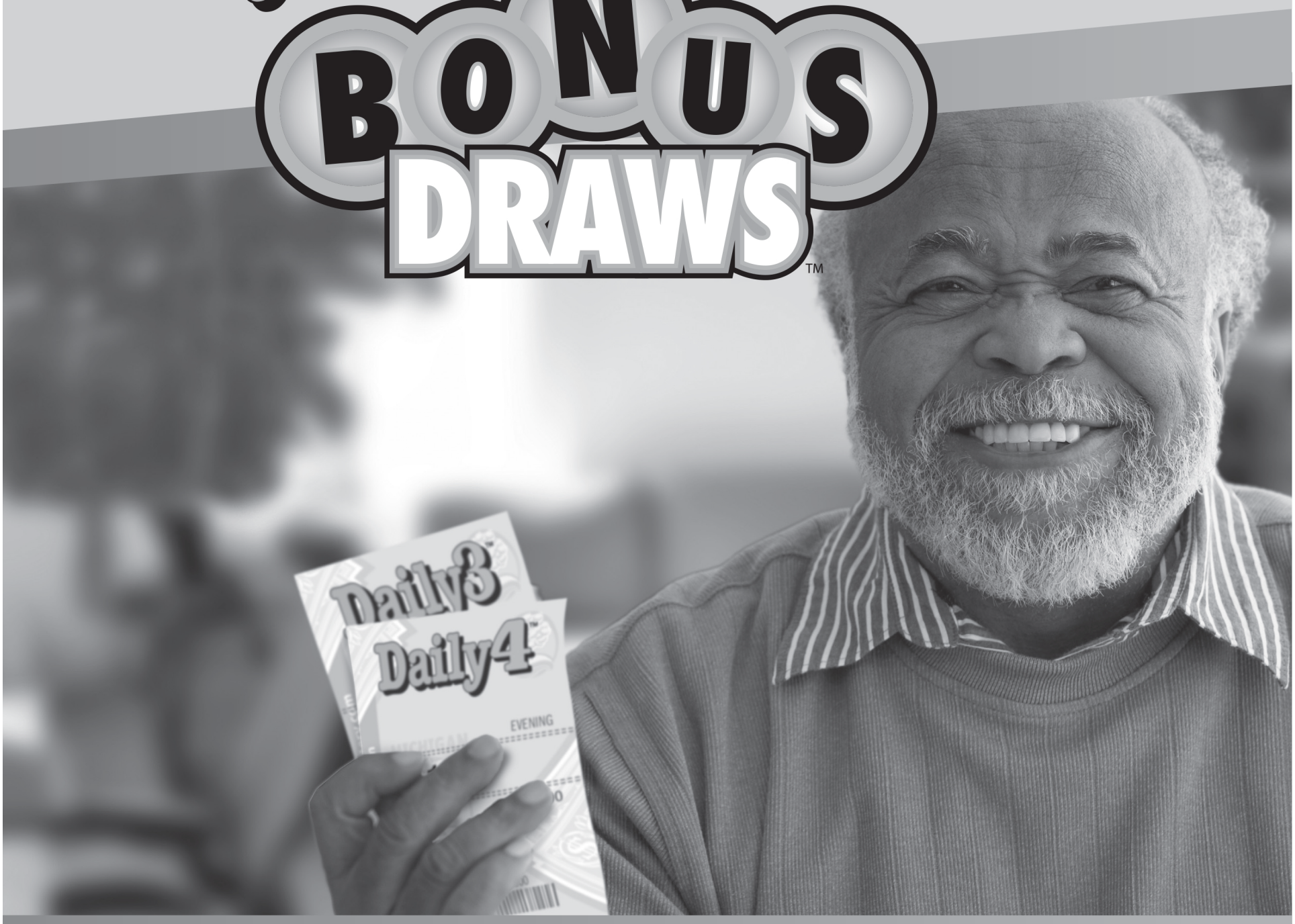

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